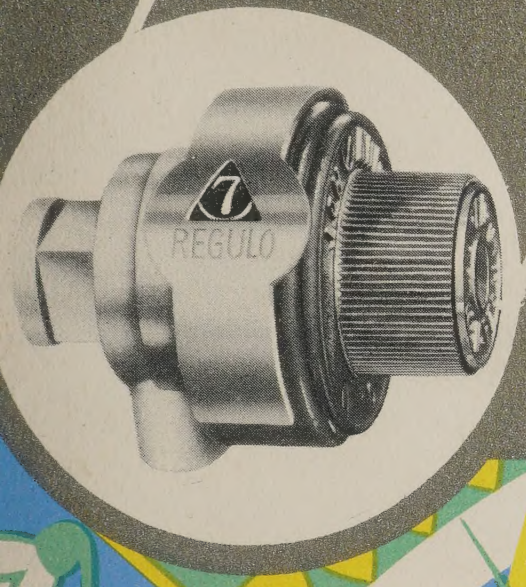
festival Dainties for Easter



When this little book was first produced the demand for it was much greater than anticipated. This evidence of popularity has led us to reprint it.

We trust that a host of new readers will find the book of interest and of service to them.

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SOME attractive cakes for Easter can be made by using the recipes in this book. These will also be found very useful for parties, birthdays and festivals all the year round.

Each of these recipes has been carefully tested and the most suitable "Regulo" setting is given, together with the time required for baking. The time may always be slightly varied to suit individual taste.

Other recipes will be found in the large Radiation Cookery Book, which should be obtained by all users of the "New World" cooker, either from their Gas Company, or from the Radiation Publicity Department, 164 Queen Victoria Street, London, E.C.4

EASTER EGG CAKE.

"Regulo" Setting Mark 4.
Time 1 Hour.

Ingredients—

4 ozs. butter
5 ozs. castor sugar
2 eggs
2 ozs. flour.
2 ozs. cornflour.
¼ teaspoonful baking powder
Vanilla essence
1 tablespoonful milk (about)

Size of tin—5½ins. by 3ins.

Method.—Beat the butter and sugar to a cream, add the yolks of eggs one at a time and beat well. Sift together the flour, cornflour and the baking powder and stir into the mixture with the milk and flavouring. Whisk the whites of eggs stiffly and stir lightly into the mixture. Turn into a cake tin, which must be prepared by greasing and sprinkling with 1 teaspoonful sugar and 1 teaspoonful flour sifted together.

Bake with the "Regulo" at Mark 4 for 1 hour. Partly cool the cake before turning out of the tin. When quite cold cut or scoop out a piece from the top of the cake to make a nest shape. Ice the edge and sides of the cake with chocolate water icing. Some of the icing will run into the hollowed centre, and if this is too thick, remove some with a spoon. Throw grated chocolate or chocolate coralettes over the side and edge of the cake. Colour the marzipan with green colouring and roll it out thinly on a sugared board. Cut into large leaves. Place these on a cake dish and brush them over with white of egg. Lift the cake on to these leaves and curl them up round the lower sides of the cake. (The leaves may be omitted).

Whip up the cream and crumble some of the sponge cake that has been cut away. Mix the cream with the crumbs and flavour with any flavouring essence. Partly fill the centre of the cake with the cream mixture. Place small chocolate or marzipan Easter eggs lightly on the cream. Stand two or three Easter chickens on the edge of the cake. The cream fillings should not be put on the cake until the day it is required.

EASTER FRUIT CAKE.

"Regulo" Setting Mark 2.
Time 2 Hours 45 Mins.

Ingredients—

½ lb. butter
½ lb. castor sugar
4 eggs
½ lb. flour
¼ lb. currants
¼ lb. mixed peel.
¼ lb. sultanas.
2 ozs. chopped almonds
Grated rind of 2 lemons
½ glass of brandy (optional)

Size of tin—7½ins. by 3ins.

Method.—Beat the butter and sugar to a cream, add each egg separately and beat until the mixture is stiff and uniform. Stir in the sifted flour, grated lemon rind, fruit, chopped almonds, and brandy, if used. Transfer to a tin well lined with greased paper and bake for 2¾ hours with the "Regulo" at Mark 2. The cake may be covered when cold with almond paste, and, when set, with Royal icing, set in a warm place until firm.

Note.—It is always best to ice a cake just before it is required for use.

GOLD CAKE.

"Regulo" Setting Mark 4.
Time 1 Hour 5 Minutes.

Ingredients—

2 ozs. butter
5 ozs. castor sugar
Yolks of 3 eggs
Pinch of salt
⅛ pint milk
5 ozs. flour
1 teaspoonful baking powder
Whipped cream, Sugar, Flavouring } for filling
or Golden Filling (see page 13).

Size of tin—6¼ins. by 3ins.

Method.—Beat the butter and sugar to a cream. Beat the egg yolks with the salt until thick, then beat them into the butter and sugar. Continue beating while adding the milk and some of the flour. Stir in the baking powder sifted with the remainder of the flour. Turn into the greased and lined tin and bake for 1 hour 5 minutes with the "Regulo" at Mark 4.

When the cake is cold, cut it across once or twice. Fill with Golden Filling or with whipped cream, to which sugar and flavouring have been added.

MARBLE CAKE.

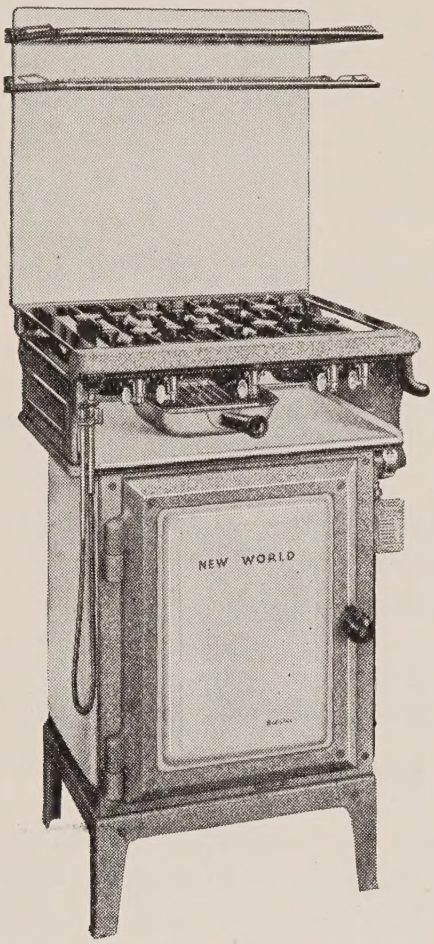
"Regulo" Setting Mark 4.
Time 40 Minutes.

White Mixture.

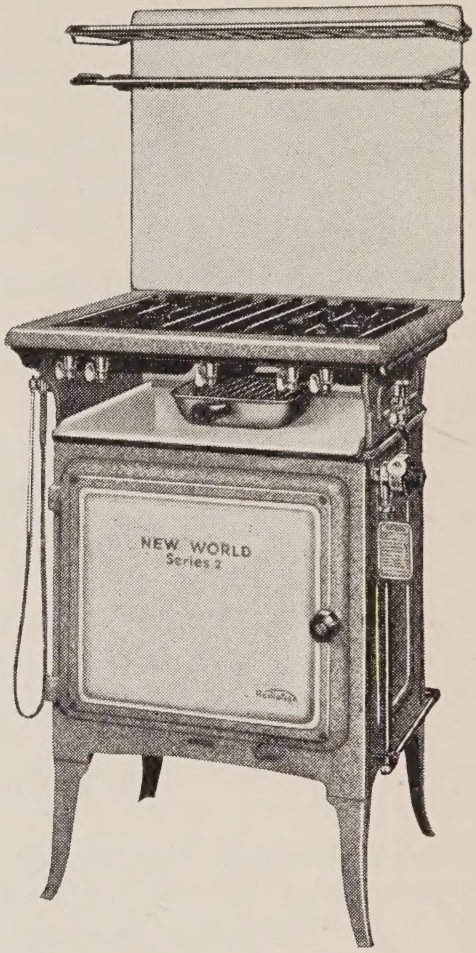
Ingredients—

1½ ozs. butter
1½ ozs. sugar
2 whites of egg
3 ozs. flour.
¼ teaspoonful cream of tartar.
⅛ teaspoonful bicarbonate of soda
About 2 tablespoonfuls of milk.

Method to Mix.—Beat the butter and sugar to a cream. Add the whites of eggs, one at a time with a little of the flour and beat well. Sift the cream of tartar and soda into the remainder of the flour and add with the milk. Mix well.



NEW WORLD



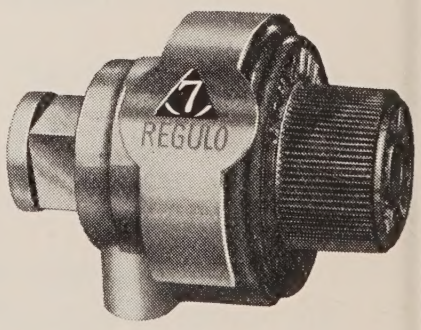
NEW WORLD—Series 2

Additional sizes of the "New World" Cooker have recently been introduced. These additional cookers are known as "New World"—Series 2, and are thus described on the door panel.

The illustrations above show typical examples of the two types.

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo, set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to Mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.



When using the Regulo, always keep the oven tap full on.

Dark Mixture.

Ingredients—

1 oz. butter or margarine
1½ ozs. sugar
2 yolks of eggs
3 ozs. flour
1 dessertspoonful dark treacle
¼ teaspoonful cream of tartar
⅛ teaspoonful bicarbonate of soda.
⅛ teaspoonful ground cinnamon
Pinch of spice.
About 2 tablespoonfuls milk.

Method to Mix.—Beat the butter and sugar to a cream. Add the yolks one at a time with some of the flour and the treacle and beat well. Sift together the cream of tartar, soda, the remainder of the flour, the cinnamon and the spice, and add with the milk. Mix well.

Baking. Size of tin—7ins. by 1½ins.

Grease the sandwich tin. Place alternately teaspoonfuls of the light and dark mixtures in the tin. Smooth over the top with a knife and bake in the oven for 40 minutes with the "Regulo" at Mark 4.

When cold, ice the cake with white water icing. Dip a feather into a culinary colouring and draw it lightly across the icing two or three times. Dip another feather in another colouring and draw it across the icing in between the other coloured streaks to give a mottled effect.

SIMNEL CAKE.

"Regulo" Setting Mark 2. Time 4½ Hours.

Ingredients—

8 ozs. butter
8 ozs. castor sugar
4 eggs
8 ozs. flour
Salt
1½ lbs. mixed fruit
2 ozs. blanched and chopped almonds
¼ lb. cherries (optional)
¼ lb. mixed peel
Pinch of mixed spice
Grated rind of ½ lemon
Almond essence
⅛ teaspoonful bicarbonate of soda
1 dessertspoonful milk

Almond Paste (Inside)

Ingredients—

3 ozs. castor sugar
3 ozs. icing sugar (sifted)
6 ozs. ground almonds
A few drops of almond essence
Egg

Almond Paste (outside), ***see page 14.***

Size of tin—9ins. by 3½ins.

Method.—To make the Almond Paste for the inside: Mix together the sugars with the ground almonds. Add the almond essence and sufficient beaten egg to make a fairly soft consistency. Work together and roll to a round the size of the cake-tin.

To make the Cake: Beat the butter and sugar to a cream, add each egg separately with some of the flour and beat until the mixture is stiff and uniform. Stir in the remainder of the flour and salt, fruit, almonds, cherries, peel, spice, lemon rind and almond essence, and the soda dissolved in the milk. Mix well, then place half the mixture in a tin well lined with greased paper. Smooth the mixture and cover with the round of almond paste. Place the rest of the cake mixture on the top of the almond paste. Bake for $4\frac{1}{2}$ hours with the "Regulo" at Mark 2. When cold, cover the top of the cake with a thick round of almond paste, leaving a space in the centre. Bake with the "Regulo" at Mark 2 until brown (about 30 minutes). When cold fill the centre space with icing and crystallised fruits.

HOT CROSS BUNS.

"Regulo" Setting Mark 6. Time 20 Minutes.

Ingredients—

1 lb. flour
1 teaspoonful salt
1 level teaspoonful of spice (or less)
2 ozs. butter.
2 ozs. currants
1 oz. yeast
$1\frac{1}{2}$ ozs. sugar
$\frac{1}{2}$ pint milk (or a little more)

Method.—Mix together the flour, salt and spice, rub in the butter and then add the currants. Warm.

Cream the yeast and sugar together and add the milk slightly warmed. Leave to stand for 10 minutes. Mix the flour, etc. with the milk and yeast to form a light dough. Beat well, cover with a cloth and leave in a warm place to rise for about $1\frac{1}{2}$ hours. Turn on to a floured board. Knead slightly and divide into 12 portions. Make up into buns, then flatten and mark deeply with a cross. Stand on a floured tin in a warm place for 20 minutes. Bake for 20 minutes with the "Regulo" at mark 6. When baked brush over at once with glaze made by dissolving a little sugar in water.

Sandwiches.

GENOESE PASTE.

"Regulo" Setting Mark 4. Time 25 Minutes.

Ingredients—

3 eggs
4 ozs. sugar
2 ozs. butter
3 ozs. flour

Size of Sandwich Tin—8ins. diameter.

Method.—Beat together for about 5 minutes the eggs and sugar in a basin over a pan containing hot water. Remove the basin

from the hot water and beat for about another 5 minutes, or until the mixture is thick and white. Melt the butter. Sieve the flour on to the mixture. Add the butter drop by drop over the flour. Stir altogether lightly with a tablespoon. Turn into a sandwich or a Yorkshire pudding tin well greased and warmed. Bake the cake in the oven for 25 minutes with the "Regulo" at Mark 4. When cold this cake may be iced and cut into fingers, or split and spread with lemon curd, or cut into fingers and served with stewed fruit.

"To a great extent the success of this cake depends on the state of the butter when added to the mixture. It should be warmed sufficiently to be of a pouring consistency, but on no account must it be allowed to become hot."

WALNUT CAKE.

"Regulo" Setting Mark 5. Time 25 Minutes.

Ingredients—

1½ ozs. walnuts (shelled)
3 ozs. butter
3 ozs. sugar
2 eggs
2 ozs. flour
¼ teaspoonful baking powder
Pinch of salt
Filling
Icing
Shelled walnuts for decorations.

Size of tin—7ins. by 2ins.

Method.—Pass the walnuts through a nut mill.

Beat the butter and sugar to a cream. Separate the yolks from the whites of the eggs. Pass the flour, baking powder and salt through a sieve. Add the yolks to the butter and sugar with a little of the flour and beat well. Whip the whites of eggs stiffly and stir in with the remainder of the flour, etc. and the walnuts. Turn the mixture into the greased sandwich tin and bake for 25 minutes with the "Regulo" at Mark 5.

When the cake is cold, and preferably one day after making, split it and fill with walnut filling (see page 14), or golden filling, (see page 13), flavoured with almond essence or mixed with chopped or milled walnuts. Ice with Coffee Water Icing (see page 15), and decorate with shelled walnuts.

Little Cakes.

LITTLE SPONGE ROLLS.

"Regulo" Setting Mark 7. Time 7 Minutes.

Ingredients—

2 eggs
3 ozs. sugar
3 ozs. flour.
¼ teaspoonful baking powder
2 tablespoonfuls warm water.

Number of rolls—16 or 18.

Method.—Break the eggs into a bowl and beat them for a few minutes. Add the sugar and place the bowl over a pan of hot water. Beat until the mixture thickens. Remove from over the pan, and continue beating until quite thick. Sift in the flour and

baking powder. Add the water and stir together lightly. Place dessertspoonfuls of the mixture on to greased trays, leaving room for spreading. Bake, with the "Regulo" at Mark 7, three trayfuls at a time on the 2nd, 4th and 6th runners in the cookers with 8 or 9 runners and two trayfuls in cookers with 5 or 6 runners.

Wring out a cloth in hot water and spread over the pastry board. Cover with sugared paper.

Remove the top tray after 7 minutes. Lift the sponges off one at a time onto the prepared paper, using a palette knife. Roll up loosely. This must be done as quickly as possible as the sponges soon become crisp. The second and third trayfuls only require one or two minutes extra for baking before removing from the oven. The sponges must only be lightly coloured or the edges will become crisp.

When cold fill the rolls with whipped and flavoured cream, or fresh fruit.

Alternatively, the mixture may be poured onto one tray and baked for 7 minutes with the "Regulo" at Mark 7. When cooked, turn onto sugared paper as above. Cut into strips and roll up.

MADELEINES.

"Regulo" Setting Mark 5.
Time 12 Minutes.

Ingredients—

2 eggs
4 ozs. sugar
4 ozs. flour.
1½ ozs. butter
1 tablespoonful warm water

Number of cakes—24.

Method.—Beat the eggs for a few minutes, add the sugar and continue beating until the mixture is thick. Add the flour with the butter and water. The butter should be melted, but must not be made too hot. It should be added very carefully by pouring it in drops all over the mixture. Place the mixture in shallow greased tins and bake for 12 minutes with the "Regulo" at Mark 5.

PETITS FOURS.
Foundation 1.

"Regulo" Setting Mark 5.
Time 35 Minutes.

Ingredients—

4 ozs. butter
4 ozs. sugar
2 eggs.
4 ozs. flour.
¼ teaspoonful baking powder.

Method.—Beat the butter and sugar to a cream. Add the eggs one at a time and beat well into the butter and sugar. Sift and stir in the flour and baking powder. Turn the mixture into a greased Yorkshire Pudding tin and spread smoothly with a spoon dipped in milk. Bake in the oven for about 35 minutes with the "Regulo" at Mark 5.

Note.—The time will vary according to the size of the tin and depth of the mixture.

Foundation 2.
GENOESE PASTE. (*See page 6*).

Foundation 3.
WALNUT CAKE. (*See page 6*).

Cook in a Yorkshire Pudding tin in place of a round sandwich tin or in small paper baking cases for 15 minutes with the "Regulo" at Mark 5.

Methods of Finishing.

(1) Ice the top of the cake. Cut into fancy shapes with a knife or cutter which should be dipped in hot water to prevent the icing from sticking. Decorate prettily.

(2) Cut the cake into strips. Split the strips and fill with jam, lemon cheese, or Golden Filling, etc. Brush over with white of egg or hot jam or icing syrup. (See page 16).

Roll some almond paste into a long roll and place along the top of the strip. Ice the top and sides with water icing (see page 15). Sprinkle the top with "hundreds and thousands" or crystallised rose petals. Cut with a hot knife into small slices.

(3) Cut the cake into fancy pieces. Have ready plenty of water icing in a bowl. Dip each piece of cake into the icing to coat the top and sides, holding the cake with a carving fork or special icing fork. Place the cakes on a cake rack, decorate the top and leave to dry, then place each one in a coloured paper case.

(4) For cakes cooked in paper cases. With a pointed knife cut a square out of each cake. Fill the holes thus made with lemon curd or jam. Place a teaspoonful of whipped cream over the jam and replace the squares of cake. They will now stand up above the tops of the cakes. Sprinkle with icing sugar passed through a sifter.

Biscuits.

ALMOND SLICES.

"Regulo" Setting Mark 5.
Time 25 Minutes.

Ingredients—

For Crust.

¼ lb. butter
¼ lb. castor sugar
1 whole egg and one yolk
½ lb. flour
½ teaspoonful baking powder.
1½ ozs. ground almonds.

For Covering.

Jam
6 ozs. chopped almonds
2 ozs. sugar
1 large white of egg

Number of slices—16 to 18.

Size of cake tray—12ins. by 10ins.

Method for crust.—Beat the butter and sugar to a cream. Add the egg alternately with a little of the flour and baking powder sifted together. Beat well, then work in the remainder of the flour, the baking powder and the ground almonds. Turn the mixture onto a pastry board and knead until smooth. Roll out to an oblong shape and place on the cake tray. The crust should not quite cover the tray as it will spread when cooked.

To cover.—Spread a thin coating of jam over the crust and cover the jam with the almonds, sugar and white of egg, mixed together. Bake in the oven for 25 minutes with the "Regulo" at Mark 5. Remove from the oven and cut into 18 slices and leave on the tray to cool.

APRICOT SLICES.

"Regulo" Setting Mark 6.
Time 20 Minutes.

Ingredients—

For Crust.

½ lb. flour
Pinch of salt
2 ozs. sugar
5 ozs. butter
Yolk of 1 egg
Water

For Covering.

6 ozs. cake crumbs
1½ ozs. ground almonds
1 oz. sugar
1 white of egg
A few drops of almond essence.
A large tablespoonful apricot jam

Size of tin—12ins. by 10ins.

Number of slices—16 to 18.

Method.—To make the crust. Pass the flour and salt through a sieve, add the sugar and rub in the butter, mix with the beaten yolk of egg and just sufficient water to form a short paste. Turn it onto a pastry board and knead until smooth. Roll out to an oblong and place on the cake tray. The paste will nearly cover the tray.

To make the covering.—Mix together the crumbs, almonds and sugar. Add the white of egg, essence and jam and mix all together. The mixture will be crumbly. Spread it over the paste and smooth with a palette knife.

Bake for 20 minutes with the "Regulo" at Mark 6. Remove from the oven and cut into squares or fingers. Leave on the tin until cold.

CORNFLOUR BISCUITS.

"Regulo" Setting Mark 5.
Time 12 Minutes.

Ingredients—

3 ozs. butter
3 ozs. sugar
1 egg
Vanilla essence
3 ozs. flour
3 ozs. cornflour
½ teaspoonful baking powder
Pinch of salt
Icing sugar

Method.—Beat the butter and sugar to a cream, add the egg and vanilla essence and beat well. Pass the flour, cornflour, baking powder and salt together through a sieve, and work them into the butter, etc. Turn the mixture onto a pastry board and knead until smooth, roll out thinly and cut into rounds or fancy shapes. Place them on cake trays, sprinkle with a little sifted icing sugar and bake for 12 minutes with the "Regulo" at Mark 5.

Various Methods of finishing the biscuits if cut with a round cutter.

(1) Place the biscuits together in pairs with a filling of golden filling (see page 13), or walnut filling (see page 14).

(2) Flavour some golden filling (see page 13), with coffee essence. Place the biscuits together in pairs with a little of the filling in between them and spread more of the same mixture over the top of each pair. Roll the biscuits in chopped and browned almonds or browned dessicated cocoanut.

FLAP JACKS.

"Regulo" Setting Mark 6.
Time 25 Minutes.

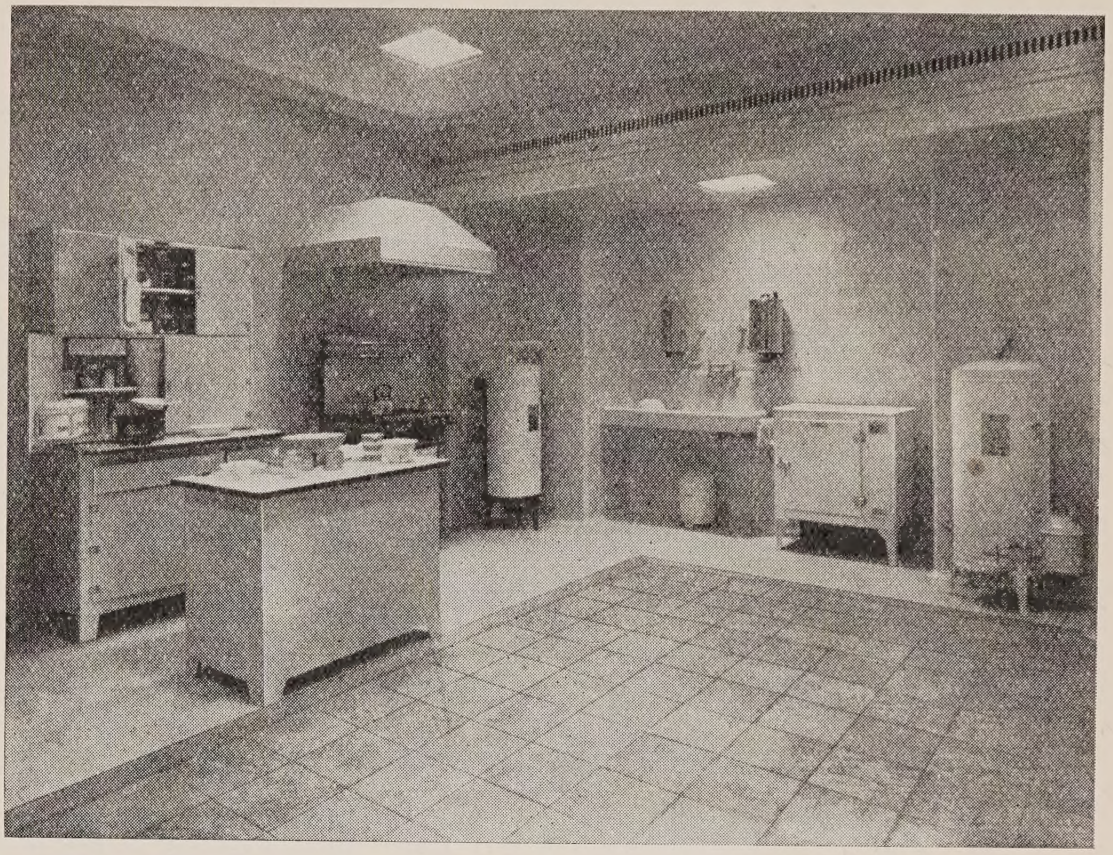
Ingredients—

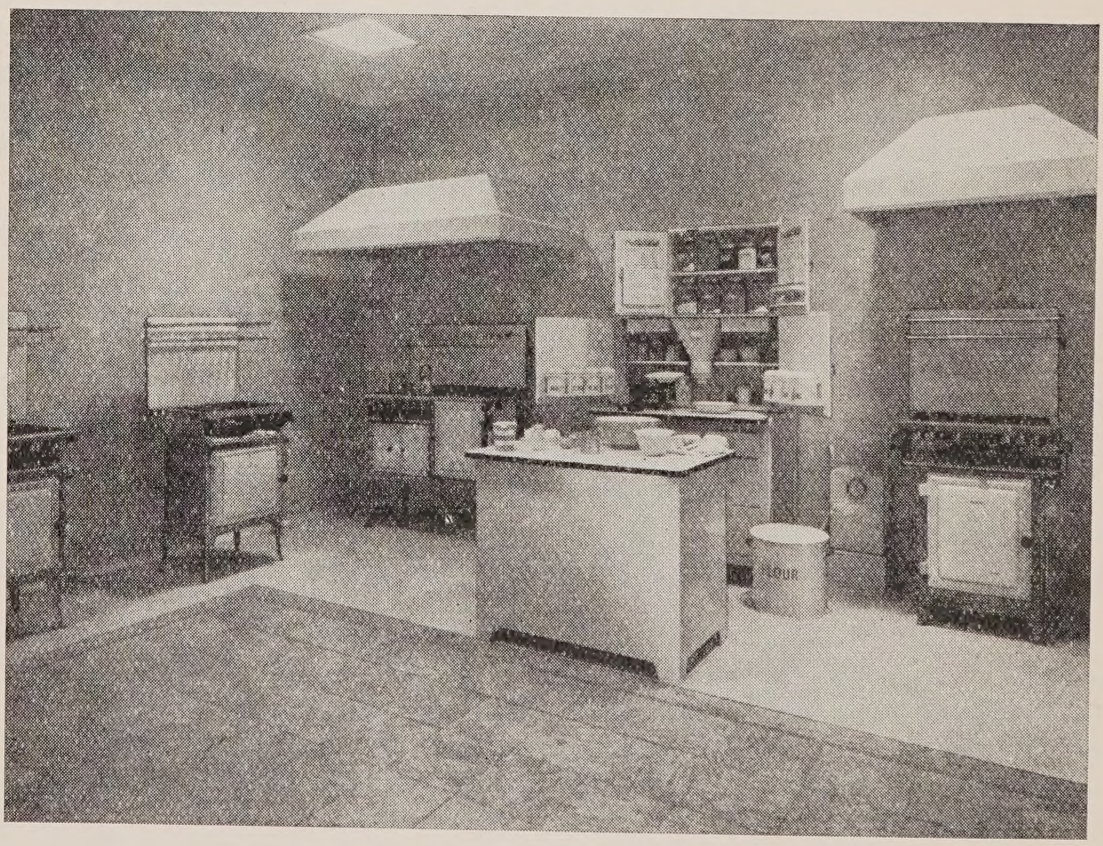
6 ozs. butter
6 ozs. demerara sugar
8 ozs. rolled oats
Pinch of salt

No. of Flap Jacks, 16.

Size of tin—8ins. by 12ins.

Method.—Warm and beat up the butter. Mix the sugar, oats and salt together, then stir them into the butter. Turn the mixture into a shallow Swiss roll tin and press it together. Smooth the surface with a palette knife. Stand the tin on a cake tray in the oven and bake for 25 minutes, with the "Regulo" at Mark 6 When cooked, leave to stand for a few minutes, then cut across into sixteen squares, or fingers, and leave in the tin until quite cold.





Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

LEMON BISCUITS.

"Regulo" Setting Mark 4.
Time 25 Minutes.

Ingredients—

½ lb. flour
Pinch of salt
¼ lb. butter
6 ozs. castor sugar
Grated lemon rind
1 Egg.

Number of Biscuits—24.

Method.—Pass the flour and salt through a sieve and rub in the butter. Add the sugar and lemon rind and mix all together with the beaten egg. Roll pieces of the mixture into balls about the size of a walnut, dip them into castor sugar and place on greased cake trays. Bake for 25 minutes with the "Regulo" at Mark 4.

These biscuits are very hard when first baked but will soften if kept for a few days.

LINZER BISCUITS.

"Regulo" Setting Mark 4.
Time 17 Minutes.

Ingredients—

¼ lb. ground almonds
¼ lb. castor sugar
¼ lb. flour
1 oz. cornflour
¼ teaspoonful mixed spice.
A little grated lemon rind
¼ lb. butter
(Some egg).

Method.—Mix the ground almonds, sugar, flour, cornflour, spice and lemon rind. Rub the butter into the ingredients until a crumbling mixture is formed, turn it onto a pastry board or slab and knead the mixture together. A little beaten egg can be added if the mixture is too dry to cling together. When worked to a smooth dry dough, roll out to about ⅛ inch thick and cut into fancy shapes with fancy cutters. Crescents may be cut with a plain round cutter. Place them on a cake tray and bake in the oven for 17 minutes with the "Regulo" at Mark 4.

Fillings and Icings.

GOLDEN FILLING.

Ingredients—

4 ozs. granulated sugar
3 tablespoonfuls water
1 teaspoonful lemon juice.
1 yolk of egg
4 ozs. butter

Method.—Soak the sugar in the water in a small saucepan for twenty minutes. Heat and dissolve the sugar. When the sugar has dissolved, boil and cook for a few minutes without stirring. Add the lemon juice and cool for five or ten minutes. Beat the

yolk of the egg and continue beating whilst gradually adding the syrup. Leave to cool. Beat the butter to a cream, then mix it with the cooled syrup.

Note.—If the syrup becomes too thick to pour from the saucepan on to the egg, or should it harden when poured, it should be re-heated with the addition of a very little water, partly cooled again and then added to the egg.

WALNUT FILLING.

Ingredients—

3 tablespoonfuls of ground almonds.
1 teaspoonful vanilla essence or orange juice.
1 tablespoonful chopped walnuts.
3 tablespoonfuls apricot jam.

Method.—Mix all the ingredients together and use as a filling for sandwich cakes or petits fours.

ALMOND PASTE.

Ingredients—

½ lb. ground almonds
¾ lb. icing sugar (or half icing and half castor sugar may be used.).
A few drops of almond essence.
Whites or yolks of eggs.

Method.—Mix the almonds and sugar together, then add essence and enough egg to mix into a stiff paste ; turn out onto a pastry board and work with the hand to a smooth paste. Wrap in greaseproof paper or place in a jar and cover with paper to keep until required. Knead well before using.

MARZIPAN (Cooked).

Ingredients—

1 lb. loaf sugar
¼ pint water
⅛ teaspoonful cream of tartar
¾ lb. ground almonds.
A few drops of essence of almonds or essence of rum.
1 egg or 2 whites of eggs.

Method.—Place the sugar and the water in a pan and leave to soak for one hour or longer. Dissolve the sugar and then bring the liquid to the boil. Add the cream of tartar and boil to 238 deg. F. keeping the lid on the pan as much as possible. Remove from the

burner and stir in the ground almonds and the essence. Cool for a few minutes and then add the beaten egg and mix well. Turn onto a slab sprinkled with castor sugar. Leave until sufficiently cool to handle, then knead well. When quite cold pack into a jar or wrap in grease-proof paper. The marzipan will keep for several months.

ROYAL ICING.

Ingredients—

1 lb. icing sugar
1 teaspoonful lemon juice
A little almond essence.
2 or 3 whites of eggs
A few drops of blue

Method.—Pass the sugar through a hair sieve. Add the lemon juice, essence and blue ; add the unbeaten whites of eggs one at a time until the mixture is of the right consistency to keep its shape when dropped from the spoon ; beat 15 minutes. Cover the cake, smoothing the icing with a knife dipped in cold water. Decorate by means of an icing-bag and tubes.

WATER ICINGS.

Ingredients—

Icing sugar
Boiling water

Method.—Put some of the icing sugar into a basin and add a little boiling water. Mix until smooth, adding sugar or boiling water as required until of a smooth coating consistency. Flavour as follows :—

Coffee Icing. Add sufficient coffee essence to colour well. Alternatively use strong black coffee in place of the boiling water.

Chocolate Icing. Melt some plain chocolate by placing it either in a tin on the crown plate of a heated oven or in a small basin in a pan of hot water on the hotplate. Add sufficient of the melted chocolate to the water icing to flavour it, with a few drops of vanilla essence and a small piece of butter. Mix well, adding more boiling water and some chocolate colouring if required.

Lemon or Orange Icing. Peel the rind thinly from the fruit and simmer it with the juice and a little water. Strain and use in place of the boiling water to make the icing. Alternatively add grated orange or lemon rind to the made water icing.

Cocoanut Icing. Add a little grated cocoanut to the water icing.

Coloured Icings. Add a few drops of any flavouring essence and sufficient culinary colouring to give the required shade.

Fruit Icings. Stew some fruit in water without sugar and use the boiling juice in place of water to make the icing or use the boiling juice from bottled fruit. Add colouring if required.

TO ICE A CAKE WITH WATER ICING.

Cakes are easier to ice when they have been kept for a day or longer, except in the case of a sponge sandwich, made without butter, which may be iced as soon as it is cold. To prevent the crumbs dropping off from the sides or top of the cake it is advisable to brush the cake over either with white of egg, hot apricot jam or marmalade, or icing syrup.

To make the Icing Syrup. Boil together for a few minutes 2 tablespoonfuls of apricot jam or marmalade with 2 tablespoonfuls each of sugar and of water. This may be poured into a jam jar and reheated when required by placing the jar in a pan of hot water. The syrup will help to keep the icing glossy and will moisten a cake that is becoming dry.

If desired, a filling can be placed in the cake. Coat the cake as above before making the icing.

Stand the cake on a pastry board or slab and have ready a jug of boiling water, a palette knife, and the cake decorations. Make the water icing sufficiently thick to coat the back of a wooden spoon or spatula yet not too thick to pour from the bowl of the spoon. Pour the icing while still hot over the cake to cover the top and run down the sides. Dip the palette knife into the boiling water and lift up any icing that has run off the cake and spread it evenly round the sides.

When several cakes are to be iced so that a large quantity of icing is used sufficient can be poured over the majority of the cakes to make the smoothing with a knife unnecessary. The tip of the knife can be placed under the bottom of the cake and the cake gently shaken so that some of the icing will run off, thus avoiding an unnecessarily thick coating. Pick up with a palette knife the icing that has run off the cakes and replace in the bowl or saucepan. Warm over a pan of hot water before using for another cake.

Place decorations on the cakes before the icing sets, or pipe with royal icing when the water icing has set.

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